ABSTRACT OF THE DISCLOSURE

A burst of data in a wireless network includes a preamble [502], a postamble [504] and one or more blocks of data [506]. A low or no power receiving device [102] receives the preamble [502]. When the preamble [502] includes an ID of the receiving device, structural information of the burst is derived from the preamble [502], indicating when at least one component of the device is to be powered on to receive the at least one block of data [506] included in the burst. The at least one component [306, 308, 310] is powered on at a first time period in order to receive the data in the one or more blocks of data. The at least one component [306, 308, 310] is powered off at a specific time period from a beginning of the first time period. The powering on and off are repeated for each of the one or more blocks of data [506] in the burst.